

Year 7 Knowledge Organiser: Skills focus

General practical skills



Use of equipment:

Electric kettle, hand-held blender, electric whisk



Knife skills: To demonstrate safety skills when using knives, there are two cutting techniques that we should use.



Bridge hold

- 1 Use your thumb and forefinger to grip either side of the ingredient.
- 2 Use the knife to slice the ingredient in the bridge-like gap created by your finger and thumb.



Claw grip

- 1 With the tips of your fingers and thumb tucked under towards the palm of your hand, hold the ingredient to be cut in a claw-like grip.
- 2 Hold the knife in your other hand. Carefully bring the knife across and slice the ingredient.

Use of the cooker: Grill and oven



HATTIE



Preparing fruit and vegetables skills



Raising agents:

Mechanical, creaming and whisking



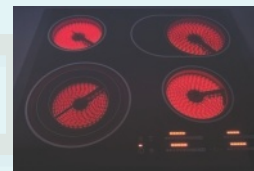
Preparing, combining and shaping



Cooking methods: Using the hob and cooking with water

Cooking with water

- Boiling – foods such as potatoes, eggs, vegetables, pasta and rice can be cooked by placing them in liquid at boiling point of 100°C.
- Simmering – foods such as curries and fruit are simmered; this means they are cooked just below boiling point.
- Poaching – eggs and salmon are cooked very gently in hot water.
- Steaming – vegetables, fish, puddings and chicken can be cooked in the steam from boiling water.



ASSESSMENT

NEA1 style experiments
NEA2 style practical assessment
at the end of the course